

# *Shape up Our Students (SOS) For School Wellness*

[www.smsq.org](http://www.smsq.org)

## TWO SESSIONS FOR A COMPREHENSIVE PROGRAM!

**SOS** (Shape up Our Students) is a **Show-Me STATE GAMES** and **Governor's Council on Physical Activity and Health** program offered **free** to all Missouri school-aged children. The program is comprehensive and designed to encourage students to increase their physical activity **and improve their eating habits**. Last year over 28,000 Missourians participated in one of these two non-profit Shape-Up competitions and this school year some exciting changes are in order as these two organizations come together for both students and adults.

**SOS** is a positive way to get children to practice important health habits by increasing their level of physical activity **and encouraging them to eat healthier foods**. With record numbers of **overweight** and inactivity among Missouri's children, this friendly competition offers a way for everyone to get involved within a supportive team network.

Schools may choose to participate and enter the **All School** Challenge and/or the **Small Team** School Challenge. There will be **fall** and **spring** sessions and schools are encouraged to enroll for the whole school year.

**Fall Session: September 18<sup>th</sup> to November 20<sup>th</sup>, 2006**  
**Spring Session: January 22<sup>nd</sup> to April 16<sup>th</sup>, 2007**

### ***All School Challenge***

Schools may sign up their entire student body to participate in the all school challenge to work toward improving the wellness of all students. Students will keep track of their minutes of activity and report them to their school sponsor.

- Students will be challenged to meet the minimum physical activity requirement, based on recommendations of the U.S. Center for Disease Control (CDC), of **60 minutes a day** for five or more days a week.
- The school sponsor will sign up the school by the total number of students enrolled in that school and report every three weeks the number of students who met the challenge. SOS personnel will calculate the % of participation based on the number of students enrolled in the school.

### ***Small Team School Challenge***

Schools may sign up one or more teams of students to compete within their own school, their community and throughout Missouri. Each student will keep track of their minutes of activity and report them to the team captain who will then log in the total number of minutes accumulated by the team members for each reporting period.

- The team captain will sign up students (captain will keep the actual student names on a list for their use and only enter the number of students on their team when signing up).
- Teams will consist of 10 - 30 students of any age grouping from grades K - 12.
- Teams may be from any of the following: public school, private school, home-school network or before/after school club that meets at a school.
- The team captain will report the total number of minutes of physical activity accumulated by team members during each reporting period. SOS personnel will calculate the average number of minutes of physical activity, based on the number of team members.

### ***Reporting/Awards***

- The school sponsor or team captain may be a faculty or staff member, parent or business partner.
- Any student who is 18 years or younger or enrolled in grades K-12 may participate.
- All school sponsors will receive weekly nutrition and fitness tips by e-mail.
- Cash awards to schools will be given at the end of the **fall** and **spring** sessions. A random draw from the schools that have 75% or greater participation in the All School Challenge, or with an average of 900 minutes per student per reporting period from the Small Team School Challenge.
- Reporting dates will be:

**Oct. 9<sup>th</sup>, Oct. 30<sup>th</sup> and Nov. 20<sup>th</sup>** (fall session)

**Feb. 12<sup>th</sup>, Mar. 5<sup>th</sup>, Mar. 26<sup>th</sup> and Apr. 16<sup>th</sup>** (spring session)

### **What Support will Schools Receive?**

- SOS will maintain a leader board on their web site for schools to track their progress within their school, community and the state
- Weekly newsletters with health, fitness and nutrition tips
- Weekly health challenges
- Incentives/prizes throughout the program for schools who meet the minimum for physical activity requirements

### **How can faculty get involved?**

- The adult component is called “Shape Up Missouri” and compliments the youth program by allowing adults to compete as well. Any teacher, parent or other community members can form a team and lead by example.
- There is a minimal **fee of \$15.00 per adult participant for each session.** (This fee helps cover the cost of the adult program.)

### **How do I sign up an entire school, small team or adult team?**

- Log onto [www.smsq.org](http://www.smsq.org) or fill out the information in the brochure provided.
- Select a school sponsor that will be responsible for collecting and turning in your physical activity minutes.

**Adults serve a vital role in setting direction for our youth be a role model, be a positive role model and use this free and easy to use program to help promote good health habits for the school children in your community. For additional information or questions contact:**

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